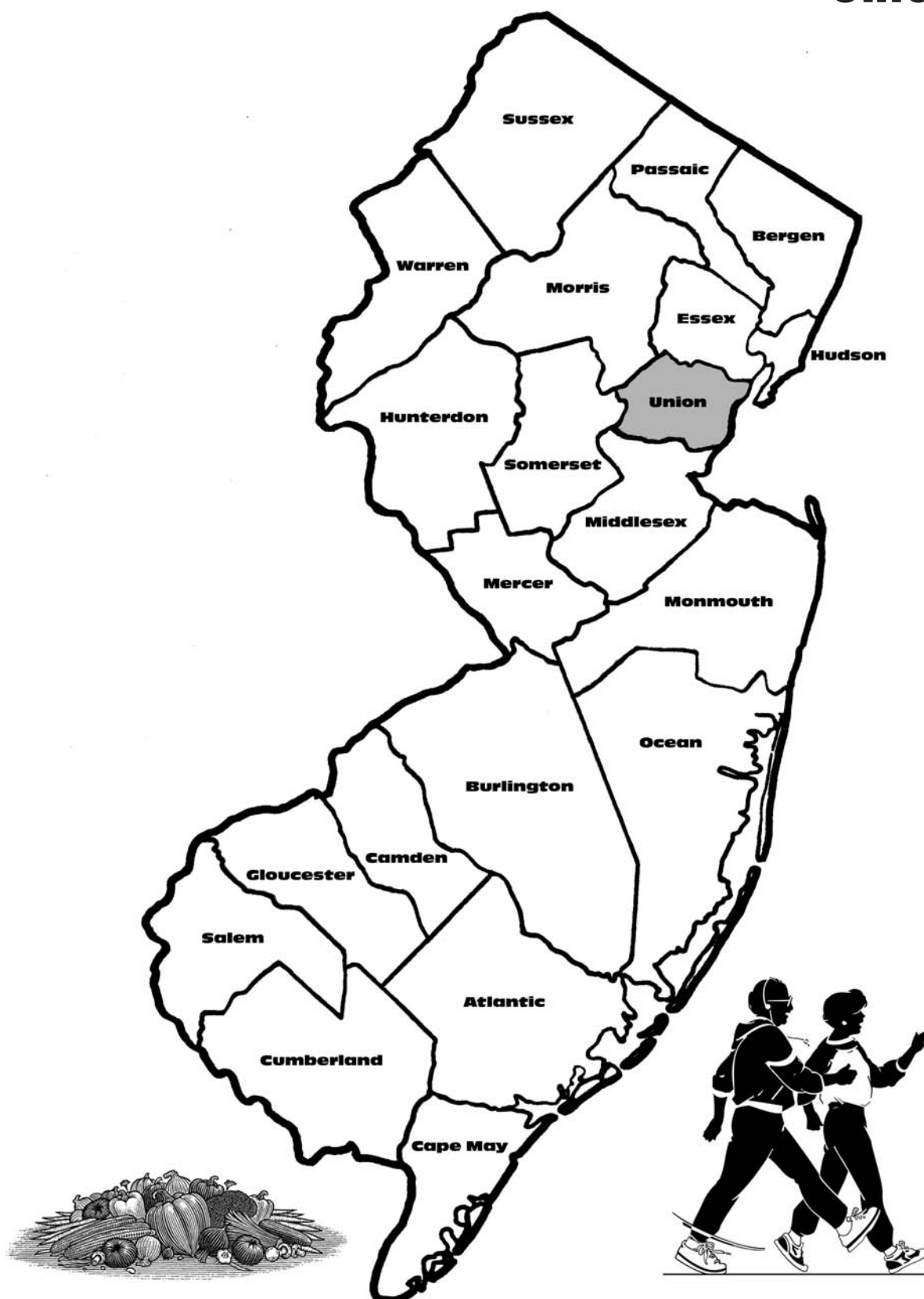










## Union County














# UNION COUNTY Nutrition Programs

<b>Program Name:</b>	<b>Steppin Up</b>
<b>Agency/Institution:</b>	<b>Fanwood-Scotch Plains YMCA</b>
<b>Address:</b>	<b>1340 Martine Avenue, Scotch Plains, NJ 07076</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-889-8880</b>
<b>Focus:</b>	<b>Improve daily nutrition combined with exercise</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>






<b>Program Name:</b>	<b>Union County Nutrition Program</b>
<b>Agency/Institution:</b>	<b>Kenilworth Senior Citizens Club</b>
<b>Address:</b>	<b>526 Boulevard, Kenilworth, NJ 07033</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-272-7743</b>
<b>Focus:</b>	<b>Increase fruit and vegetable intake</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>Union county nutrition program</b>
<b>Fees &amp; Charges:</b>	<b>None</b>







# UNION COUNTY Nutrition Programs

<b>Agency/Institution:</b>	<b>YWCA</b>
<b>Address:</b>	<b>232 East Front Street, Plainfield, NJ 07063</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-756-3500 ext.127</b>
<b>Focus:</b>	<b>Increase knowledge of healthy eating habits, proper servings, calorie intake, and package reading (dietary) Focus on special population audience</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Fees &amp; Charges:</b>	<b>Depends on the service</b>






<b>Program Name:</b>	<b>Senior Nutrition Program</b>
<b>Agency/Institution:</b>	<b>Union County Division on Aging</b>
<b>Address:</b>	<b>Administration Building, 4th Floor, Elizabethtown Plaza, Elizabeth, NJ 07207</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-527-4870</b>
<b>Website:</b>	<b>www.ucnj.org</b>
<b>Focus:</b>	<b>To provide nutritious meals and services which are designed to promote the independence, dignity, health and well-being of participants</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>State, federal, local</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>

# UNION COUNTY Nutrition Programs

<b>Program Name:</b>	<b>Supersize America: Beating the Obesity Epidemic</b>
<b>Agency/Institution:</b>	<b>Rutgers Cooperative Extension of Union County</b>
<b>Address:</b>	<b>300 North Ave East, Westfield, NJ 07090</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-654-9854</b>
<b>Website:</b>	<b>www.rce.rutgers.edu</b>
<b>Focus:</b>	<b>Awareness of obesity, understanding how to change behavior and examples of need for change</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>Adolescents, adults, seniors, families</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>






<b>Program Name:</b>	<b>Meals to Enjoy Once Again</b>
<b>Agency/Institution:</b>	<b>City of Elizabeth Division of Health</b>
<b>Address:</b>	<b>50 Winfield Scott Plaza, Elizabeth, NJ 07201-2462</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-820-4060</b>
<b>Focus:</b>	<b>Promote better and varied menus toward dieting</b>
<b>Services:</b>	     
<b>Population served:</b>	<b>Children, adolescents, seniors</b>
<b>Funded by:</b>	<b>Local government</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>




# UNION COUNTY Nutrition Programs

<b>Agency/Institution:</b>	<b>Westfield Area YMCA</b>
<b>Address:</b>	<b>220 Clark Street, Westfield, NJ 07090</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-233-2700</b>
<b>Website:</b>	<b>www.westfieldynj.org</b>
<b>Focus:</b>	<b>Eat healthy and exercise</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding, grants, state, federal</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>



**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






# UNION COUNTY Physical Activity Programs

<b>Agency/Institution:</b>	<b>Fanwood-Scotch Plains YMCA</b>
<b>Address:</b>	<b>1340 Martine Avenue, Scotch Plains, NJ 07076</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-889-8880</b>
<b>Focus:</b>	<b>Promote physical activity in daily life through increased walking and become more aware of activity by wearing a pedometer</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>




<b>Program Name:</b>	<b>Two line dancing and one exercise program</b>
<b>Agency/Institution:</b>	<b>Kenilworth Senior Citizens Club</b>
<b>Address:</b>	<b>526 Boulevard, Kenilworth, NJ 07033</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-272-7743</b>
<b>Focus:</b>	<b>Promote an active lifestyle</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>Town applied for grant and sponsors one exercise program and one line dancing program</b>
<b>Fees &amp; Charges:</b>	<b>None</b>





# UNION COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Fitness Center -Tai Chi, Senior Exercise, Yoga, Social Dancing, and Walking Club</b>
<b>Agency/Institution:</b>	<b>Clark Seniors</b>
<b>Address:</b>	<b>430 Westfield Ave., Clark, NJ 07066</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>732-388-3600</b>
<b>Focus:</b>	<b>Active for the seniors</b>
<b>Services:</b>	 
<b>Population served:</b>	<b>Ages 55+</b>
<b>Funded by:</b>	<b>Senior budget and recreation budget</b>
<b>Fees &amp; Charges:</b>	<b>None</b>






<b>Agency/Institution:</b>	<b>YWCA</b>
<b>Address:</b>	<b>232 East Front Street, Plainfield, NJ 07063</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-756-3500 ext. 127</b>
<b>Focus:</b>	<b>Promote wellness and optimal fitness</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Grants, the Department of Health and Fitness</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>






# UNION COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Steppin Out Union County</b>
<b>Agency/Institution:</b>	<b>Rutgers Cooperative Extension of Union County</b>
<b>Address:</b>	<b>300 North Ave. East, Westfield, NJ 07090</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-654-9854</b>
<b>Website:</b>	<b>www.rce.rutgers.edu</b>
<b>Focus:</b>	<b>Increase physical fitness, lose weight, reduce risk for disease</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding, grants, state, federal</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>






<b>Program Name:</b>	<b>Exercise Now, Benefit Always</b>
<b>Agency/Institution:</b>	<b>City of Elizabeth Division of Health</b>
<b>Address:</b>	<b>50 Winfield Scott Plaza, Elizabeth, NJ 07201-2462</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-820-4060</b>
<b>Focus:</b>	<b>Live better longer</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Children, adolescents, seniors</b>
<b>Funded by:</b>	<b>Local government</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>





# UNION COUNTY Physical Activity Programs

<b>Agency/Institution:</b>	<b>Westfield Area YMCA</b>
<b>Address:</b>	<b>220 Clark Street, Westfield, NJ 07090</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-233-2700</b>
<b>Website:</b>	<b>www.westfieldynj.org</b>
<b>Focus:</b>	<b>Build a healthy body, mind, and spirit</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding, grants, state, federal</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

<b>Program Name:</b>	<b>Health and Fitness</b>
<b>Agency/Institution:</b>	<b>YMCA of Eastern Union County, Rahway Branch</b>
<b>Address:</b>	<b>1564 Irving Street, Rahway, NJ 08854</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>732-388-0057</b>
<b>Website:</b>	<b>www.ymcaeuc.org</b>
<b>Focus:</b>	<b>To help develop a healthy spirit, mind and body for all of our members</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding, grants, state</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>

# UNION COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Fitness, Aquatics &amp; Youth Sports</b>
<b>Agency/Institution:</b>	<b>YMCA of Eastern Union County Five Points Branch</b>
<b>Address:</b>	<b>201 Tucker Avenue, Union, NJ 07083</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-688-9622</b>
<b>Website:</b>	<b>www.ymcaeuc.org</b>
<b>Focus:</b>	<b>To promote healthy lifestyles, water safety and basic fundamentals of sports</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

<b>Program Name:</b>	<b>Health and Fitness</b>
<b>Agency/Institution:</b>	<b>YMCA of Eastern Union County, Elizabeth Branch</b>
<b>Address:</b>	<b>135 Madison Avenue, Elizabeth, NJ 07201</b>
<b>County:</b>	<b>Union</b>
<b>Phone:</b>	<b>908-355-9622</b>
<b>Website:</b>	<b>www.ymcaeuc.org</b>
<b>Focus:</b>	<b>To help develop a healthy spirit, mind and body for all of our members</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

